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ASIAN CUCUMBER SALAD	Stabilization (Week 3) & Maintenance
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Ingredients:

- 2 cucumbers, peeled, cut lengthwise, seeded and sliced into half-moons (about 2 cups)
- 1 TSP Morton's "Lite" Salt
- 1 TBS sugar substitute (like Splenda)
- 1 TBS low-sodium soy sauce (or Bragg's Liquid Amino)
- 1/4 cup rice wine vinegar
- 1 TSP sesame oil
- 2 TSP sesame seeds

Instructions

1. In a large bowl combine first 6 ingredients.
2. Sprinkle with sesame seeds. Toss well to coat.
3. Cover and chill for 20 minutes before serving.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1/2 cup = 1/2 V, 1/2 FT